



July 2023

Celebrating picnics and patriotism with a little red, white, and blue!!

Bread Pudding

Red, White, and Blue Bread Pudding (Oven)

Bread pudding with raspberries, white chocolate, blueberries, sugar, eggs, vanilla, brown sugar, and bourbon!

6 servings Diet Points: 22 Calories: 437, Total Fat: 21g, Sat. Fat: 14g, Trans Fat: 0g, Cholesterol 50mg, Sodium: 159mg, Total Carbohydrates: 41g, Dietary Fiber: 1g, Sugars: 39g, Protein: 2g

Beef

Fabulous Grilled Flank Steak *Lighter (less olive oil)... with California blend (Grill, broil, oven, crockpot)...with corn cobbettes

This really is a fabulous marinade!

Diet Points: 12 (*8) Gluten free! Calories: 475(*358), Total Fat: 30.8g (*17.3), Sat. Fat: 6.6g (*5.6), Trans Fat: 0.1g(*0.0), Cholesterol 83mg(*83), Sodium: 890mg(*890), Total Carbohydrates: 3.4g(*3.4), Dietary Fiber: 0.3g(*0.3), Sugars: 1.5g(*1.5), Protein: 43.3g(*43.3)

Stir Fry Flank Steak *Lighter (*no rice) (Stovetop)

Stir fry flank steak and broccoli in lime juice, ginger, soy sauce, and a little mint(separate)!!

Diet Points: 12 (includes rice) (*9) Gluten free! Calories: 450 (*326), Total Fat: 7.3g (*7.0), Sat. Fat: 2.9g (*2.8), Trans Fat: 0.0g, Cholesterol 42mg (*42), Sodium: 602mg (*594), Potassium: 846mg(700*), Total Carbohydrates: 65.0g (*37.8), Dietary Fiber: 5.4g (*3.9), Sugars: 5.9g (*5.2), Protein: 30.8g (*27.7)

Taco Pasta Casserole (Oven)

Fast and easy casserole with ground beef, pasta, onions, tomatoes, green chilies, chili powder!

Diet Points: 12 Calories: 372, Total Fat: 14.4g, Sat. Fat: 8.3 g, Trans Fat: 0.0g, Cholesterol 61mg, Sodium: 775g, Potassium: 244mg; Total Carbohydrates: 42.7g, Dietary Fiber: 1.7g, Sugars: 6.1g, Protein: 19.9g

Chicken

Baked Buffalo Chicken Tenders *Lighter (less panko, less bleu cheese), with green beans (Oven)... with vegetable medley & egg noodles

Crunchy chicken tenders with a hint of buffalo sauce baked right in...try on a salad!!

Diet Points: 5 (*5) Gluten free with gluten free panko! Calories: 272 (*233) Total Fat: 6.9g (*5.2), Sat. Fat: 2.4g (*1.7), Trans Fat: 0.0g, Cholesterol 90mg (*88), Sodium: 993mg (*916), Total Carbohydrates: 16.5g (*12.1), Dietary Fiber: 0.9g (*0.6), Sugars: 4.3g (*3.9), Protein: 35.6g (*34.3)

Cajun Citrus Chicken *Lighter ...with California blend (Grill, oven, stovetop)...with corn and rice

Citrus with a kick of cajun seasoning makes this chicken a refreshing change for dinner!

Diet Points: 6 Gluten free! Calories: 283 Total Fat: 6.7g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 115mg, Potassium: 516mg, Total Carbohydrates: 14.7g, Dietary Fiber: 0.5g, Sugars: 11.7g, Protein: 39.4g

Caribbean Chicken with Rice *Lighter ...with peas instead of rice and beans (Grill, skillet)

Chicken marinating in spices, lime juice, orange juice, and honey...and a touch of jalapeno (opt.)...with rice and black beans

Diet Points: 10(includes rice and beans)(*5) Gluten free with GF soy sauce! Calories: 395(*204), Total Fat: 4.8g(*4.0), Sat. Fat: 0.4g(*0.2), Trans Fat: 0.0g(*0), Cholesterol 82mg(*82), Sodium: 1069mg(*809), Total Carbohydrates: 50.2g(*12.5), Dietary Fiber: 6.2g(*0.5), Sugars: 12.0g(*10.4), Protein: 39.3g(*30.2)

Chicken Couscous Salad (Stovetop) ...with peas

Chicken with white wine vinaigrette flavored with cumin & green onions,...topped with pine nuts(optional)!

Diet Points: 10 (includes couscous) Gluten free with rice or quinoa sub for couscous! Calories: 385, Total Fat: 10.2g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 25mg, Sodium: 557mg, Potassium: 292mg, Total Carbohydrates: 47.7g, Dietary Fiber: 3.7g, Sugars: 1.0g, Protein: 25.2g

Crunchy Baked Chicken *Lighter (less olive oil) ...with green beans(Oven) ...with vegetable medley and rice

Marinated in yogurt with a hint of chipotle, these chicken breasts are then coated with crunchy French fried onions!

Diet Points: 7 Can be gluten free with gluten free bread crumbs instead of French fried onions! Calories: 311, Total Fat: 10.3g, Sat. Fat: 4.1g, Trans Fat: 0.0g, Cholesterol 117mg, Sodium: 213g, Total Carbohydrates: 7.7g, Dietary Fiber: 0.0g, Sugars: 3.6g, Protein: 44.9g

Florentine Chicken Artichoke Casserole (Oven)

Great summer casserole with bowtie pasta, chicken, spinach, and artichokes.

Diet Points: 13 Calories: 422 Total Fat: 14.7g, Sat. Fat: 8.0g, Trans Fat: 0.0g, Cholesterol 75mg, Sodium: 573mg, Potassium: 208mg, Total Carbohydrates: 42.7g, Dietary Fiber: 4.3g, Sugars: 4.8g, Protein: 29.8g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3)or 6 meals (4-6), \$6.00/12 meals (4-6)
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3)or 6 meals (4-6), \$12.00/12 meals (4-6)
SPRINGER MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.00/ for 6-8 serving meals
SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals
CalorieCount.com. Diet Points calculated on sparkpeople.com. Unless otherwise noted, nutritional information is for entrée only.

Red, White, and Brew Chicken Thighs *Lighter...with carrots (Crockpot, oven, or stovetop)...with carrots and egg noodles

Chicken thighs in our special spices (separate) (a little kick!) simmering in beer, tomatoes, onions, brown sugar, and balsamic vinegar!

Diet Points: 7 Gluten free! Calories: 242 Total Fat: 9.6g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 120mg, Sodium: 436mg, Potassium: 228mg, Total Carbohydrates: 14g, Dietary Fiber: 1.3g, Sugars: 8.8g, Protein: 25.1g

****Pork****

Crockpot Herbed Pork Roast (Crockpot, oven) ...with green beans and egg noodles

All the tastiest herbs and spices, a little honey, and some Dijon simmering all day!

Diet Points: 10 Gluten free! Calories: 393 Total Fat: 18.6g, Sat. Fat: 5.8g, Trans Fat: 0.0g, Cholesterol 119mg, Sodium: 92mg, Potassium: 628mg, Total Carbohydrates: 10.4g, Dietary Fiber: 0.6g, Sugars: 6.3g, Protein: 43.8g

Five Spice Pork Kabobs with Rice Pilaf *Lighter... no pilaf, with California blend (Grill, stovetop) ...with peas

Chinese five spice powder and brown sugar make a great glaze for these pork kabobs...serve over rice pilaf and top with peanuts!

Diet Points: 8 Gluten free! Calories: 305 Total Fat: 12.2g, Sat. Fat: 3.3g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 1235mg, Potassium: 106mg, Total Carbohydrates: 19.4g, Dietary Fiber: 1.4g, Sugars: 3.3g, Protein: 28.3g

Homemade Balsamic Honey Barbecue Pork Sliders *Lighter (less sauce), no buns (Crockpot or oven)...with sweet potato fries & slider buns

Pork loin in a homemade barbecue sauce with balsamic vinegar, honey, brown sugar, Dijon, Worcestershire, onions, and spices!

Diet Points: 16(includes buns) (*8) GF,no buns! Calories: 454(*256), Total Fat: 8.8g(*6.7), Sat. Fat: 2.7g(*2.7), Trans Fat: 0.0g(*0), Cholesterol 60mg(*60), Sodium: 1182mg(*823), Potassium: 191mg (*136), Total Carbohydrates: 60.8g(*20.8), Dietary Fiber: 2.7g(*0.6), Sugars: 34.8g(*17.4), Protein: 30.3g(*26.1)

Madras Pork Tenderloin *Lighter... with peas (Grill or oven)...with peas and egg noodles

Pork tenderloin in cranberry and orange with a splash of Vodka and lime, and a pinch of ginger and lemon pepper...cheers!

Diet Points: 9 Gluten free! Calories: 345, Total Fat: 13.8g, Sat. Fat: 3.0g, Trans Fat: 0.1g, Cholesterol 110mg, Sodium: 191g, Total Carbohydrates: 12.3g, Dietary Fiber: 0.6g, Sugars: 9.5g, Protein: 39.9g

Molasses Coffee Pork Chops *Lighter...with green beans (Grill, oven, stovetop) ...with vegetable medley and penne

Our pork chops marinating in spiced molasses and coffee...good to the last bite!

Diet Points: 5 Gluten free! Calories: 202 Total Fat: 6.2g, Sat. Fat: 2.5g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 764mg, Potassium: 217mg, Total Carbohydrates: 12.2g, Dietary Fiber: 0.2g, Sugars: 7.7g, Protein: 23.2g

Tacos al Pastor *Lighter... with corn tortillas (Crockpot, Oven)

Shredded pork in a slightly spicy marinade of chipotle paste, chili powder, cumin, lime, pineapple juice, queso, flour tortillas

Diet Points: 14 GFwith corn tortillas! Cal: 485 Total Fat: 16g, Sat. Fat: 7g, Chol 94mg, Sodium: 1361mg, Total Carb: 44g, Dietary Fiber: 1g, Sugars: 8g, Protein: 40g

****Seafood****

Grilled Shrimp...or sautéed! *Lighter (less olive oil) ...with California blend (Grill, skillet)...with penne and vegetable medley

Possibly the best grilled shrimp ever! Marinate then skewer and grill... or sauté!

Diet Points: 7 (*5) Gluten free! Calories: 268(*196), Total Fat: 18.7g (*10.3), Sat. Fat: 3.1g (*1.9), Trans Fat: 0.0g(*0.0), Cholesterol 199mg(*199), Sodium: 753mg(*753), Total Carbohydrates: 3.4g(*3.4), Dietary Fiber: 0.6g(*0.6), Sugars: 0.9g(*0.9), Protein: 22.0g(*22.0)

Red, White, and Blue Tilapia *Lighter...with carrots (Grill, oven, stovetop) ...with carrots and rice

Tilapia grilled or baked and topped with blueberry, red onion, red pepper, mint, and jalapeno salsa!

Diet Points: 2 Gluten free! Calories: 118 Total Fat: 1.2g, Sat. Fat: 0.5g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 333mg, Total Carbohydrates: 5.6g, Dietary Fiber: 1.2g, Sugars: 3.6g, Protein: 21.6g

****Ground Beef or Ground Turkey****

Red Wine and Bleu Meatloaf *Lighter... with green beans (Oven & stovetop) ...with green beans and rice.

Our meatloaf has bleu cheese in it and is topped with caramelized red onions in red wine!

TURKEY - Diet Points: 11 Calories: 444 Total Fat: 15.9g, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 92mg, Sodium: 615mg, Potassium: 606mg, Total Carbohydrates: 41.9g, Dietary Fiber: 3.3g, Sugars: 9.9g, Protein: 33.4g

BEEF - Diet Points: 11 Calories: 492, Total Fat: 14.9g, Sat. Fat: 6.2g, Trans Fat: 0.0g, Cholesterol 113mg, Sodium: 605mg, Potassium: 688mg, Total Carbohydrates: 41.9g, Dietary Fiber: 3.3g, Sugars: 9.8g, Protein: 45.6g

****Vegetarian****

Black Eyed Pea and Orzo Salad Vegetarian (Stovetop)

Black eyed peas, orzo, tomatoes, red onion, Kalamata olives, feta, and a dressing with lots of Mediterranean flavor.

Diet Points: 19 (*14) Gluten free with rice! Calories: 687(*498), Total Fat: 16.9g (*14.8), Sat. Fat: 5.3g (*4.1), Trans Fat: 0.0g(*0.0), Cholesterol 22mg(*15), Sodium: 472mg(*360), Total Carbohydrates: 126.2g(*85.9), Dietary Fiber: 41.5g(*28.2), Sugars: 9.5g(*7.2), Protein: 44.2g(*29.7)